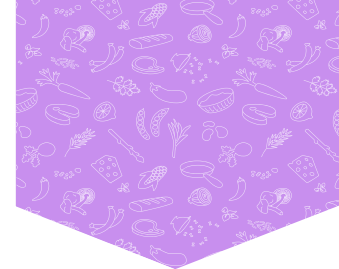




Sun-Dried Tomato & Goat Cheese Stuffed Chicken

with Roasted Potatoes and Broccoli

PRONTO 30 Minutes



Chicken Thighs



Sun-Dried Tomatoes



Goat Cheese



Italian Seasoning



Yellow Potato



Garlic



Chili Flakes



Broccoli, florets

HELLO SUN-DRIED TOMATOES

These sun-kissed beauties are umami bombs, bursting with rich, sweet, and tangy flavour.

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 5:

- Mild: 1/8 tsp
- Medium: 1/4 tsp
- Spicy: 1/2 tsp
- Extra-spicy: 1 tsp

Bust Out

Large Non-Stick Pan, 2 Baking Sheets, Garlic Press, Aluminum Foil, Paper Towels, Small Bowl, Measuring Spoons, Silicone Brush

Ingredients

	2 Person	4 Person
Chicken Thighs	310 g ***	620 g ***
Sun-Dried Tomatoes	20 g	40 g
Goat Cheese	28 g	56 g
Italian Seasoning	1 tbsp	2 tbsp
Yellow Potato	300 g	600 g
Garlic	6 g	12 g
Chili Flakes 🌶️	1 tsp	1 tsp
Broccoli, florets	227 g	454 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

*** Minimum weight on chicken

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. COOK POTATOES

Cut the **potatoes** into 1/2-inch pieces. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl), and **half the Italian seasoning** on a baking sheet. Season with **salt** and **pepper**. Roast in **top** of the oven, until golden-brown, 25-28 min.



4. BAKE CHICKEN

Roll the **thighs** from left to right over the **filling**. Place seam-side down on a foil-lined baking sheet. Brush the tops of the **chicken** with **2 tsp oil** (dbl for 4 ppl). Bake, in **middle** of oven, until **chicken** is cooked through, 13-15 min.**



2. PREP

While the **potatoes** roast, cut the **broccoli** into bite-sized pieces. Peel, then mince or grate the **garlic**. Roughly chop the **sun-dried tomatoes**. Mix together the **sun-dried tomatoes** and **goat cheese** in a small bowl. Set aside.



5. COOK BROCCOLI

While the **chicken** bakes, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **broccoli** and **2 tbsp water** (dbl for 4 ppl). Cover and cook, until tender, 3-4 min. Add the **garlic** and **1/4 tsp chili flakes**. (**NOTE:** Reference Heat Guide.) Cook, stirring frequently until fragrant, 1 min. Season with **salt** and **pepper**.



3. PREP CHICKEN

Pat the **chicken** dry with paper towel. Season all over with **salt**, **pepper** and the **remaining Italian seasoning**. Lay the **chicken** flat, smooth-side down. Dollop the **sun-dried tomato mixture** in the **middle** of **each chicken thigh**.



6. FINISH AND SERVE

When **chicken** is almost cooked through and **potatoes** are out of the oven, turn oven broiler to **high**. Broil **chicken** in **middle** of oven, until the tops are golden, 4-5 min. Divide the **herby potatoes**, **chili-garlic broccoli** and **sun-dried tomato stuffed chicken** between plates.

Dinner Solved!